

## March 2025 Worksheet:

### Grief Support Worksheet: The Healing Power of Stories

#### Why Stories Matter

Stories are how we make sense of the world. Sharing memories, moments, and lessons can help us feel less alone and more connected to our loved ones and ourselves.

#### Part One: Your Story of Loss

1. Who have you lost? What role did they play in your life? (Write a few sentences about them.)

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2. What's one moment with them that still lives vividly in your memory? (Describe it in detail—what you saw, heard, felt.)

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3. If you had to summarize your relationship in one sentence, what would it be?

Example: "We laughed more than we cried, and that meant everything."

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## **Part Two: A Story They'd Want You to Tell**

4. What is a lesson or value they taught you? How are you living it out today?

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5. Imagine they were sitting beside you—what would they want you to remember about yourself?

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6. Write a short letter or note from them to you. Let their voice come through.

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## **Part Three: Telling Your Story to Heal**

7. In what ways has your story changed since your loss?  
(What have you learned, how have you grown, what are you still figuring out?)

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8. If you were to share your story with someone grieving today, what part might comfort them most?

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9. Give your grief story a title.

Example: "The Love That Stayed" or "Chapters Unfinished"

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Closing Affirmation:

"My story is sacred. My memories are eternal. I am healing, one word at a time."

## **Journal Prompt**

### **1) Sharing Stories That Heal**

Stories keep our loved ones alive in our hearts. What's a memory or story you find yourself sharing often? Why do you think this particular story holds so much meaning? What does it reveal about your love, your bond, or your healing?

### **2) Giving Grief a Voice**

Grief speaks in many ways—through silence, memories, tears, and laughter. If your grief could tell a story today, what would it say? What chapter are you in, and how are you finding strength as the story unfolds?